

DECEMBER 2016 • Monthly Newsletter of the Royal Oak Seniors

MISSION STATEMENT:

The City of Royal Oak offers mature adults opportunities for lifelong education, fitness, nutrition and leisure activities.

Supportive services that promote independence and quality of life are available for residents who are 62 and older or permanently disabled adults.

"The City of Royal Oak's Recreation Department does not discriminate against any program participant or applicant for participation because of actual or perceived race, color, religion, national origin, sex, age, height, weight, condition of pregnancy, marital status, physical or mental limitation, legal source of income, family responsibilities, sexual orientation, gender identity or HIV status of person, that person's relatives, or that person's associates or for any other reason(s) prohibited by law. The City of Royal Oak will take affirmative action to insure that all practices are free from such discrimination."

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Welcome Newcomers!

Monday, December 5

10:30 AM

Newcomer's orientation is open to anyone fifty or better. Discover the programs and services available at the Center. You'll learn how to register for classes, trips and programs. Meet the staff and receive a complimentary lunch.

Call **(248) 246-3900** to reserve your spot.

Handbell Concert

December 9th 1:15 pm

Help to get your Holiday mood into gear by enjoying the lovely melodies performed by our very own Handbell Choir.

Refreshments
Provided.



SEMINAR:

Food Safety & Nutrition

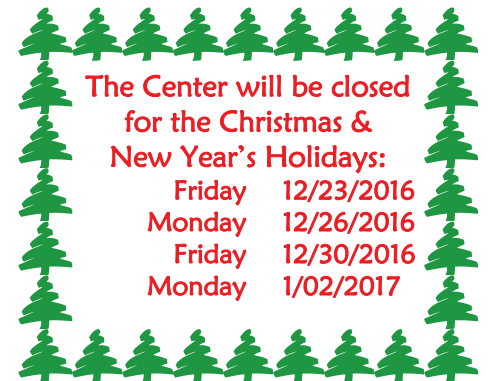
**10:00 AM Tuesday
December 13th**

Eating at the Holidays

Presented by M. S. U. Extension. Includes food demonstration. *No Fee/Pre-registration required.*




Kerry Price on Piano
**Holiday
Sing Along**
Friday, December 16th
Refreshments 12:30 PM



**The Center will be closed
for the Christmas &
New Year's Holidays:**

Friday 12/23/2016

Monday 12/26/2016

Friday 12/30/2016

Monday 1/02/2017



Celebrate the
New Year
in style by joining us for
our very special
**New Year's
Dinner Dance**
Wednesday
December 28, 2016
7:00 - 10:00 PM
Enjoy an evening of
comradery with friends and
dance partners,
a repast of culinary delight
created by our own Tim of
Tim's Kitchen,
and dance to your favorites
presented by the
**Mike Wolverton
Trio**
\$16 per person - D1008

Mahany/Meininger
Senior Community Center
Phone: (248) 246-3900
 3500 Marais Ave,
 Royal Oak, MI 48073
 (1 block North of 13 Mile Rd.
 between Main & Crooks)

Salter Community Center
Phone: (248) 246-3180
 1545 E. Lincoln Rd,
 Royal Oak, MI 48067
 (10½ Mile Rd, one block
 west of Campbell Rd.)

Monday - Friday
9:00 am - 4:30 pm

Senior Citizen
Coordinator Paige Gembariski
Outreach
Administrator Carolyn Marsh
Senior Recreation
Specialist Barbara Harris
R.O.S.E.S. Pam Steinmetz
 Dorothy LaSure
Typist/Clerk Susan Mutschler

Van Transportation

For scheduling:

Phone: (248) 246-3914

Monday - Friday
9:30 AM - 12:30 PM

Dispatchers:

Cathy Cricelli &
 Denise Owens

City of Royal Oak Parks & Recreation Master Plan

Community Workshop

Help create a great
 Parks & Recreation Plan -
 contribute your vision
 and suggestions.

Thurs, Dec. 8th - 7:00 PM

At the Senior Community Center
 OR - take the on-line survey:
<https://www.surveymonkey.com/r/ROwebsite>



Tim's Kitchen

Enjoy meals, \$3 each, prepared from scratch in the Mahany/Meininger kitchen Monday-Friday. See pg. 11 for the entrees.

Call (248) 246-3900 to reserve a meal (*at least a day in advance*).

Call to cancel if unable to attend.

Meal vouchers available for purchase (for 5 or 10 meals).

Bus fee is waived if you ride the bus to the Center for lunch.

Menu subject to change based on availability of food supplies.

Everyone is Welcome!

No age requirement!

Carry-outs available \$3.50

Meals for Homebound Residents

Feeling Generous?

Tim's Kitchen graciously accepts donations. Your donation can assist Tim in being able to create delicious meals and treats!!!!

NOTABLE FOLKS . . .

Tim's Kitchen benefits greatly from donations. Without the generosity of several patrons, Chef Tim would face a much harder time preparing and delivering such wonderful meals (*and cookies!*)

Thank you to each of the following patrons for contributing;

Bob Hilton

Marti Lewis

Marilyn Murphy

Margaret Roberts

Mary Rubin

Celia Sawdon

Thank you very much!

City of Royal Oak Customer Service Values:

We are a team that values integrity, approaching all situations with a positive attitude, and creating an environment of respect, fairness, and empathy.

Codes of Conduct:

Live the Golden Rule

Embody Honesty

Act with Patience

Take Responsibility

Listen Attentively

Communicate Effectively

Lead by Example

Be Proactive

Live Royal Oak



Gentle Reminder

We ask that you do not use perfume or cologne when coming to the Center. Some of our Seniors and staff have respiratory problems and allergies to certain smells. Your consideration is greatly appreciated.



Are you aware of this program?
 Are you participating in the services? This wonderful program is designed to assist our senior residents with chores and care.

What keeps it viable?

ROSES contracted employees.

If you know someone who has -
 - Skills - Time - and the Disposition to work for Senior Patrons under the R.O.S.E.S. program, please refer them to the Center.
 (248) 246-3900

Restaurant of the Month:

Lakeshore Grill

Feeding the shopping tradition since 1905, Macy's has something for everyone: French Onion soup, Chicken Pot Pie and of course the famous Maurice Salad. Come along for some good company during a festive lunch! There will be time to shop afterwards, too! Cost includes transportation via Senior Bus. Lunch is on your own; Avg. \$12.50 **T1040F**

At Macy's, Oakland Mall
Weds, December 14, 2016
12:15 – 3:00 PM \$4
(lunch on your own)

EXTENDED TRAVEL

Niagara Falls/Shoreline Tours
Florida Vacation/ Shoreline Tours
Clearwater Beach/ Rybicki Tours
Riviera Maya, Mexico/ Bianco Tours
Southwest Explorer/ Shoreline Tours

December 5 - 6 \$229 pp/double
January 11 - 21 \$2,299 pp/double
February 18 - March 3 \$2,499 pp/double
February 20 - 26 \$2,480 pp/double
February 22 - 28 \$1,899 pp/double

DAY TRIPS



2016/2017

Classical Coffee Concerts

9:15 AM to 1:30 PM (Mid Balcony) **\$31**

January 27 T1026w

Slatkin conducts; **Clarinet Concerto**;
Part of the **Mozart Festival** featuring: *Overture to La Clemenza Del Tito, Concertone and Horn Concerto No. 2.*

REGISTRATION BEGINS OCTOBER 31ST

POPS Coffee Concerts

9:15 AM to 1:30 PM (Dress Circle) **\$49**

February 24 T1027w

A Night at the Academy Awards Hear some of Hollywood's most enduring scores from Oscar-winning films.

March 31 T1028w

Cirque de la Symphonie Aerial acrobats literally "drop" into Orchestra Hall! Each gravity-defying feat is choreographed to live music performed by the DSO.

D I A Series Thurs, Dec 1 - 12:15 - 3:45 PM \$5 T1019F

The DIA's Senior Thursdays program continues! Enjoy one or all of them. Board the coach at the Senior Center for a great day at our world-class museum. You may skip the presentation and explore the museum on your own if you wish. Cost includes transportation via motor coach, featured activity, and reception.

The Oakridge Boys Christmas Show @ Soaring Eagle Mon, Dec 5 9AM - 10 PM

Enjoy a show from the distinctive group that created hits like *Elvira, Bonnie Sue, Dream On, American Made, Gonna Take A Lot of River*, and many others. Cost includes transportation via motor coach, performance, **\$10 SLOT PLAY AND \$5 FOOD VOUCHER. Bianco Tours T1010F \$47**

"A Christmas Carol" at Meadowbrook Theatre Weds, Dec 7 1:00 - 5:00 PM

A favorite holiday classic, for it's 35th year, sharing the tale of a mean-spirited miser and the ghosts that haunt him. Cost includes transportation via Senior Bus and performance.

T1025F \$47

Trip Information:

- Don't wait to sign up for trips – they may be cancelled for lack of participation.
- Please arrive 15 to 30 minutes ahead of posted departure time.
- Please park in the north end of the parking lot.
- Trip itineraries are subject to change without notice. Sometimes the venues surprise us!
- If you cancel, refunds will be issued if we are able to fill your space. **A \$5 processing fee will be deducted from all refunds.**
- Full refunds are given if the trip is cancelled by us or the travel agent.

DAY TRIPS

(continued)

Huckleberry Railroad at Crossroads Village

Crossroads Village is an authentic town from the turn of the last century, with more than 34 historic structures and a thriving community to welcome you. Enjoy a delicious Buffet Dinner there, then board the Huckleberry Railroad for a festive nighttime ride through a holiday fantasy of over 400,000 lights. There's also a Holiday Show at the Colwell Opera House! Cost includes transportation via motor coach, dinner and train ride. **Bianco Tours T1030F \$74**

"Beautiful—The Carol King Musical" at the Fisher Theatre Wednesday, Dec 21**12 - 4 PM**

The inspiring true story of King's remarkable rise to stardom, becoming one of the most successful solo acts in popular music history. She wrote the soundtrack to a generation! Featuring a stunning array of beloved songs such as "I Feel the Earth Move", "One Fine Day", "A Natural Woman", and "You've Got a Friend". 1st & 2nd row Mezzanine seating. Cost includes transportation via Senior Bus and Tea **T1036F \$55**

The Purple Door, with a Little Rust**Friday, January 20, 2017****12:45 - 3:15 PM**

The Purple Door Tea Room in Ferndale is a charming, cozy hidden gem. Enjoy their "Orchid Tea": three tea sandwiches, one dessert and Tea of your choice. After tea we will visit **The Rust Belt**; a storefront for 50 independently-owned businesses, a showcase of local talent, and Launchpad for small start-ups located right at Woodward and 9 Mile Rd. Cost includes transportation via Senior Bus and Tea. **T1034F \$26**

"Chicago" at Wyandotte's Theatre on the River Sunday, January 29, 2017 11:30 AM - 6:00 PM

Chicago has wowed audiences around the world and won 6 Tony Awards. It's a universal tale of fame, fortune and all that jazz; one show-stopping song after another and the most astonishing dancing you've ever seen. Enjoy this performance at the Theatre on The Avenue, Wyandotte. Cost includes transportation via motor coach, lunch at *Smokie's* and performance. **T1037F \$72**

SET ASIDE THESE DATES FOR UPCOMING TRAVEL OPPORTUNITIES

"The Lion King" at Fisher Theater	"Dirty Dancing" at Fox Theater
Thursday, February 2 Times & \$\$: TBA	Friday, March 24 6:15 - 10:45 PM \$68

JUST A REMINDER! If you are traveling with us:

Arrive 15 - 30 minutes before scheduled departure. *CHECK-IN* with a staff person upon arrival

Park in the farthest north row of our lot (Look for Trip Parking signs)

All trip dates, descriptions and prices are subject to change

SOME FUN & GAMES AT THE CENTER !!**Thursdays at 12:30 pm \$1**

The center has pool tables here for
your use: 50¢/day or \$3/month

Euchre Winners

October 6th	Russ Staschke
October 13th	Richard Pickens
October 20th	<i>No Game - Construction</i>
October 27th	Sue Blair

Want to compete? Join us, 2nd Thursday!**October 13th Pool Tournament Winners**

First Place	Fred Fields
Second Place	Tim Fields
Third Place	Jerry Miller



BINGO - First Fridays

December 2nd 12:30 PM
 BINGO Cards \$0.25/each (Maximum of three (3)). ONE Coverall prize at \$5.00. Six (6) regular games with prizes. All revenue from BINGO is used towards future BINGO Prizes. *BINGO is conducted solely for the amusement and recreation of the ROSC guests.*

**Cards Drop-In**

Rubber Bridge Mon 12:15 PM
 Drop in for Rubber Bridge and bring a partner to play. **\$1.00**

Pinochle Tues 12:30 PM
 Drop in for pinochle, meet new friends. **\$1.00**

Duplicate Bridge Weds 12:30
 Drop in with a partner to play duplicate bridge. **\$2.00**

Euchre Thursday 12:30 PM
 Drop in to join experienced players who like to play Euchre. Play 8 rounds of cards. **\$1.00**

Creative Coloring for Grown Ups

Dec 5th & 19th 10:30 - 11:30 AM
 Relieve your stress and join your neighbors and friends in the fun and relaxation of coloring. **\$2 drop-in fee, includes supplies.**

Crochet Creations

Thursdays 12:15 PM
 Enjoy an afternoon of stitching your work in progress; pattern discussion or help reading a pattern, or learning a new stitch. Projects to give back to the community are part of our activity. No charge. Beginners are welcome!

Focus on the News

1st & 3rd Tuesdays 10:30 AM
 Tired of talking back to your TV set? Join a fun and lively discussion of local, national and international new issues. Visitors encouraged. We're always looking for new people.

Genealogy 101

Thurs Jan 12 - Feb 16 1:00 PM
 A six week adventure into discovering your ancestors and their lives. This class provides the fundamentals for beginners and amateurs who want basic instruction, tools and reference guides. Bring a \$5 syllabus fee and note taking materials to the first class. **\$88/6 weeks. C1002F**

**Handbells Fri 12:45 PM
Sept 9 - Dec 16**

Director Sylvia Hartsoe says playing handbells keeps the mind sharp and leads to excellent eye-hand coordination. Prior ringing experience necessary, music reading skills helps. **\$25 C1040F**

Helping Hands

Tues & Thurs 9:30 AM
 Drop by and become a part of this worthwhile group that knit or crochets blankets and other items for charity. *Donations of yarn are needed. Drop off yarn on the days the group meets.*

Mah-Jongg Drop-In

Wednesdays 9:30 AM-12 PM
Fridays 1-3 PM
 Experienced players may drop in and play on Wednesday and Friday mornings, no charge.

Painting - All Media C1020W

Thurs 9:15 AM Jan 5 - Feb 23
 Mike Byrne, an accomplished working artist in many mediums accepts students from beginner to expert. Supply list at registration. **\$55/8 wks**

Senior Sew

Tuesdays 10:00 AM
 Join us for hand quilting, machine piecing quilt tops and socialization. New quilter and just getting started? We are happy to help. Bring sewing machine and your project. Drop-ins welcome.

Sit 'n' Knit

Tuesday 1:00 PM
 Join in as we knit and visit! Share work in progress, tips and 'show and tell' finished projects. A relaxing visit with others who share your love of knitting or a little knitting help. All knitters welcome, beginners and experienced.

Star-Grabbers

Amateur Astronomy Group
2nd & 4th Wednesdays 10:00 AM
 Bill hosts an amateur astronomy club. His enthusiasm for astronomy compels him to share this interesting hobby and instruct individuals on the use of telescopes. Donations are accepted, new members welcome.

Water Color C1023W

Friday 9:15 AM Jan 6 - Feb 24
 Explore the exciting art world of watercolor painting. Beginners through advanced artists will work in wet-on-wet through to finishing with techniques that include drybrush.. Supply list given at registration. **\$55/8 wks**

All Computer Classes Require Pre-Registration & Payment**Ask the Computer Lady!**

Tuesdays: dates thru December
9:15 - 9:45 AM C1097F
12:45 - 1:15 PM C1098F

Have your questions ready for Marta and prepare for an informative one-on-one session. Bring your laptop or Kindle, your Mac, Tablet Android or iPhone. Learn how to check your email, or make sure your security is up to date. **\$20/30 minutes OR \$35/one hour (PM)**

Get Your "Gadget"

One-on-one class: 11:15AM - 12 three 45-min sessions Tuesdays Dec 6, 13 & 30th

This three session one-on-one class will clear up the mysteries of your tablet, e-reader, cell phone, laptop or camera! Remember to bring all cables and power cords. **\$60/ C1096F**

Laptop Computer Classes

Tues, 10:00 AM Dec 6 - 27
 Set up for beginners and advanced students to bring your own laptop to class and learn to safely use Windows. \$5 material fee due instructor at first class. Class max of 4. If only one student registers, the class will reduce to two sessions/ becoming one on one. **\$40/4 weeks C1091F**

Financial Aide

Thurs, December 15th 10:00 AM
Hantz Financial will provide financial and tax advice and offer a complimentary review of your current investment portfolio. Call (248) 246-3900 to reserve your free 30 min appt

Foot Doctors 9 - 11 AM

Wednesday, December 14th
Drs. Adas and Wexler will see patients at the Center for your convenience with an office in Huntington Woods. Most services will be covered by insurance. Preregister.

Hearing Tests/Cleaning Hearing Aids

Tues, Jan 10 - by appt. (1 - 3 PM)
Zounds! will provide free Hearing Tests and Hearing Aid Cleanings the second Tuesday of every other month. 15 min appointments, call (248) 246-3900.

Manicures for Men & Women! Tues, Dec 13/by Appt.

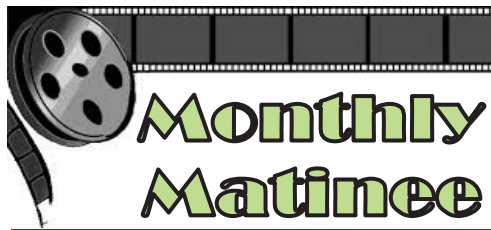
9:30 AM to 3:30 PM For only \$10, a licensed nail technician will polish, shape and hydrate your hands. Please pay Andrea directly by cash. Call to schedule an appointment.

Massage Therapy by Appt. Thurs & Fri, Dec 15th & 16th and Tues, Dec 20th

Licensed Massage Therapist **Heidi** provides therapeutic massage using the holistic approach. Massages help in reducing muscular and nerve pain and aids relaxation. She provides 35 minute massage session for \$30, or 75-minute sessions for \$60.

SNAP

Supplemental Nutrition Asst. Program **Solutions to Hunger** presented by Lynn Davey, Benefits Coordinator. Available for assistance with online registration process of government food assistance program, SNAP or Bridge programs. Ages 50 years and over. Contact Carolyn Marsh at 248-246-3900 for an appointment to determine eligibility and assist with the application process. **Free Service.**



Friday, December 9th 12:30 PM

Christmas in Connecticut

Starring: Barbara Stanwyck, Dennis Morgan & Sydney Greenstreet

A 1945 Romantic Comedy of a New York City Journalist who has been passing herself off as a hard working farm woman, tending to her family and creating delectable meals. When her editor decides she should host a heroic sailor for Christmas, she needs to secure a charming home, happy husband, and superb culinary skills to save her career. Fun ensues!

Suggestions for future viewings are happily accepted.

PetrArt LLC Art Classes by Petra E. Bohnam

Charming Charcoal Drawing

Tues, 12:30 - 2:00 PM, Dec 6 & 13
Come explore the charm of charcoal in this instructional two-week class. Materials not provided for this class; approx. cost \$20. Supply list at registration. **\$30/ 2 weeks. C1100F**

Delightful Drawing Primer

Tues, 10 - 11:30 AM Dec 6 & 13
Have you ever wanted to learn how to draw? This informative and educational class takes you on a journey of creativity learning the basics of drawing using drawing pencils and your creativity. Great beginner class, all materials provided. **\$30/ 2 weeks C1099F**

Portraits in Pencil

Tues, 12:30 - 2 PM Dec 20 & 27
Come explore how to make portraits using drawing pencils. The Instructor will guide you on this exciting two week journey. All materials provided. Pre-Registration required. **\$30/ 2 weeks. C1101F**

Computer Club

Wednesdays 12:30 PM

Calling all computer enthusiasts. All levels join our growing club for computer networking, and guest speakers discussing "cyber" topics.

Dec 7	Mike Bader
Dec 14	Larry Kulp
Dec 21	Rodger Gach Q & A
Dec 28	Jack Vanders

Jewelry Sale

Thurs, March 23rd 9 AM - 1 PM

Back by popular demand! The Center will be collecting jewelry that you would like to donate for our sale beginning **January 16th through February 22nd ONLY.**

Old costume jewelry that you no longer wear may become someone's treasure; and the sale will benefit the center. Support your center, donate old jewelry and/or purchase slightly used treasures for yourself.



The Center's Gift Tag tree is up and full of requests! Please stop by and

Check it out!



Lunch & Learn 11:30 AM

Preregistration Required

LUNCH IS PROVIDED FROM TIM'S KITCHEN FOR ALL WHO REGISTER BY THE DEADLINE. CALL (248) 246-3900 (*SPACE IS LIMITED, REGISTER EARLY*) REGISTERED PATRONS WHO ARE "NO SHOWS" FOR TWO "LUNCH & LEARNS" FOR WHICH REGISTERED **CANNOT** REGISTER FOR LUNCH & LEARNS FOR A YEAR.

None scheduled for December, but watch for January & February

Aqua Zumba

Thurs, 8:30 AM
Nov 3 - Dec 22



Have fun exercising, dancing and getting fit. Zumba workout in the water! All levels welcome. Bring water shoes, suit & towel, and a lock: leave your valuables at home. Instructor **Cheryl Baugh**. Preregister: **\$36/8 weeks C1036F**

Chair Exercise with Cindy

Fri Oct 28 - Dec 9 10:30 AM

Appropriate for those who have joint limitations, as well as anyone who prefers a mostly-seated workout. Wear comfortable clothing and shoes, a water bottle and hand-held weights if you wish. **\$25/6 weeks C1031F**

Chair Yoga Exercises (DVD)

Mondays 10:30 AM

This session is of a "gentle" nature for those who are just starting on a fitness program, or those who must not do strenuous exercise. Drop-in, no fee.

Chair Yoga

Weds, 12:30 PM Nov 2 - Dec 7

\$25/6 weeks C1033F

Fri, 11:30 AM Oct 28 - Dec 9

\$25/6 weeks C1051F

This class consists of 3/15-min sections, first and last are done seated: the middle section is done standing using a chair for balance. Focus on breathing, relaxation, stretching for flexibility and balance practice which also increases muscular strength.

Drop-In Ballroom Dance Class

Mondays 1:00 PM

Join **Bill Scheff** Mondays to learn all the footwork involved in Ballroom dancing. No partner needed. Feel free to drop in and watch anytime. **\$5**

Gentle Yoga \$35/7 weeks

Yoga Creates many benefits in your overall health and wellness. Improve your strength, flexibility and sense of well-being with breath awareness and movement. Relax and rejuvenate to look and feel better. Mat and comfortable clothing recommended. *No Class Nov 24*

Monday, Nov 7 - Dec 19

9:15 AM C1006 F

1:00 PM C1007 F

Thursday, Nov 10 - Dec 22

1:00 PM C1009 F \$30/6 weeks

Healthy Back Class

Wed Nov 2 - Dec 2 1:30 PM

This class is designed to strengthen and stretch back and core muscles to prevent back injuries that can often result from everyday activities. Bring mat, water and comfortable clothing/shoes. Instructor **Cindy Erlandson**. Pre-register. **\$25/6 weeks C1019F**

Intermediate Line Dancing

Fridays 1:00 PM

Line dancing is not only fun, but good exercise as well and you don't need a partner. Come and learn the hot country line dances. **\$2** payable at each lesson. *NO BOOTS!*

Kuratomi Stretching

Weds Nov 16 - Dec 21 10:30 AM

The Kuratomi Method is inspired by ancient Japanese forms and Jumeo to open the body, mind and spirit gently and naturally. **\$48/6 weeks C1011F**

Pilates/Core Body conditioning

Mon, Nov 7 - Jan 9 10:30 AM

A neuro-muscular resistance control method of exercise to develop strong, flexible muscles and better posture. Emphasis on gradual progression and strict body alignment and form. Wear loose comfortable clothes, bring a mat. Instructor Cheryl Baugh, ACSM *No class Dec 26 or Jan 2.* **\$36/8 weeks - C1037F**

Silver Foxes

9:30 AM

Monday

Tuesday

Wednesday

& Friday



Exercise along with the Richard Simmons Silver Foxes DVD. This features low-impact, aerobic workout for the intermediate exerciser. **No fee.**

Sit-Down and Tone-Up

Tuesday 10:30 AM

A chair workout to build strength, stimulate bone growth and improve posture and balance. Work lower body and abs by using your leg's own weight. Work upper body with 1-3 lb. weights. DVD, **No fee**

SilverSneakers®**FLEX Program™**

This fitness class will be returning after the first of the New Year. More information to follow.

Silversneakers.com/flex

Tai Chi Basic & Chen Style

Thursdays 9:15 AM

Sept 15 - Dec 15

The movements are slow and fast, twining and twisting, connected with internal spiral energy. *No class Sept 22, Oct 20, and Nov 24.* **\$66/11 weeks C1003F**

**Water Aerobics**

Weds., 8:30 AM

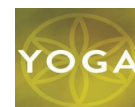
Nov 2 - Dec 21

Great workout with water exercises. Including cardiovascular, toning and stretching. Locker room available; bring your own lock, towel, and suit. Leave your valuables at home. Instructor **Cheryl Baugh**. Preregister, **\$36/8 weeks C1035F**

**Yoga Tues, 1:00 PM**

Nov 1 - Dec 27

Yoga helps deal with hypertension, back pain, headaches, stress, depression and even arteriosclerosis. The series of movements, postures and breathing techniques increases strength, flexibility, alignment and balance. *No Class Nov 8th.* **\$36/8 weeks C1034F**

**Zumba Gold Friday, 10:20 AM**

Nov 18 - Dec 16

Low impact aerobic workout, some chair work. Dress comfortably, wear dance sneakers or tennis shoes. Bring water. Pre-register Drop-ins \$8.00. *No class Nov 25th.* **\$20/4 weeks C1014F**

SUPPORT GROUPS

Alzheimer's Support Group

Monday, December 5 10:00 AM

You are not alone in trying to cope with a friend or family member afflicted by Alzheimer's Disease.

Aphasia Support Group

Thursdays 10:00 AM

A weekly support group meets at the Center for adults with communication disorders. Gain support from others on your road to recovery. Drop-in any Thursday.

Deaf Group

Wednesdays 9:00 AM

Our Center welcomes deaf adults for socialization each Wednesday.

Grief Support

Fridays, December 2nd & 16th 10:30 AM

Legal Aid

3rd Thursday, December 15th 1:00 PM

Royal Oak Attorney **Kent Schultz** provides free 15-minute consultations to senior citizens. A fee will be charged for additional services. Can't make it in to the center? Call Mr. Schultz (248) 541-2567 to schedule a complimentary home visit. Call (248) 246-3900 for an appointment at the center.

P.A.L. (Positive Attitude Living)

Fridays 10:30 AM

PAL is a group of Seniors who meet for a casual discussion on various topics every Friday morning. All are welcome to join us every week or to drop in once in a while.

Royal Oak Seniors RESOURCE CENTER

Check out the resource center brochures from businesses with products and services for older adults. If you are a business owner and would like to display your brochures at the Resource Center, please call (248) 246-3900 for an application form. The fees to display brochures are \$10 monthly or \$100 yearly



SEEKING A FEW NEW IDEAS!!

The Senior Center is always looking to introduce new programs.

- Do you have a few hours of time to spare each month?
- Have you recently retired and would like to share your on-the-job experience to help others?
- Or, do you have a skill, a hobby or craft to share?

If so, please consider volunteering and enlightening others in our community. Sponsored by a grant from Beaumont Health, the A.G.E. program provides assistance to the frail elderly of Royal Oak, utilizing the talents of volunteers.

Transportation

Transportation is available for resident's age 60 or older, and adults who are permanently disabled. Door-to-door service is provided to those with mobility problems who need to be personally escorted to the buses. Handicap lifts are available. Drivers will assist with purchases. Call (248) 246-3914 between the hours of 9:30-12:30 to arrange your transportation needs. Call up to 2 weeks before your appointment, \$3 contribution for each one-way trip or \$4 round trip. Prepaid tickets are available: \$19/5 round-trip tickets. This service is funded and operated by the joint efforts of the City of Royal Oak, SMART Municipal and Community Credits funds and Beaumont Health.



Royal Oak Senior Essential Services (R.O.S.E.S.) provides supportive services to Royal Oak residents aged 62 and over. Clients pay directly to the contracted worker for services. A \$5 annual registration fee is required. Provisions can be made for persons unable to pay. Call (248) 246-3918 Monday-Friday.

- **Home Chore** - If you reside in Royal Oak, you are eligible to have Household tasks such as yard work and housework, laundry and gutters (first level only) cleaned for you. No windows, weeding or wall washing.
- **Home Repair** - Home repairs that do not require a licensed contractor are available to homeowners. Repairs including minor plumbing, carpentry and minor electrical. No roofing.
- **Personal Home Care** - Includes assistance with activities of daily living, bathing, feeding, dressing and help with ambulation.

OUTREACH

Our Outreach Administrator helps residents aged 62 and over obtain needed services. Please call (248) 246-3917 with your concerns about personal care, prescription assistance, housing or any other independent living needs. An in-home visit to assess needs is available through this service at no cost.

ADJACENT GENERATIONAL EXCHANGE (A.G.E.)

Sponsored by a grant from Beaumont Health, the A.G.E. program provides assistance to the frail elderly of Royal Oak, utilizing the talents of volunteers.

Medical Equipment Loan Closet

(248) 246-3900

The Senior Center has walkers, wheelchairs, bath stools, canes and such available for loan. There is no charge to borrow an item, keep it as long as necessary, and return it to the center in a cleaned state ready to be loaned to the next person in need.

To Borrow an item,

Please call so that we can verify that the needed equipment is available.

To Donate,

The center accepts shower chairs & benches, toilet risers & commodes, walkers, canes and wheelchairs.

**Senior Gold Card**

The Senior Gold Card, a complimentary activity pass from the Royal Oak School District for Royal Oak Senior Citizens age 60 and over, includes free admission to:

- All athletic events. (*Exc. State sponsored tournaments*)
- All school drama programs & dance shows
- All vocal & instrumental music concerts
- Evening recreational swim at RO Middle School

Applications are available at the:

Churchill Community Education Center
707 Girard, Royal Oak

Please call (248) 588-5050 for more information.



ROYAL OAK SCHOOLS
A COMMUNITY OF EXCELLENCE

December 2016 Activities

Board of Education Meeting **800 DeVillen**
7:00 PM Thursday, December 8th

High School Performing Arts Events:**Winter Band Concert**

7:00 PM Weds, Dec 7th Kimball Auditorium, ROHS

Winter Orchestra Concert

7:00 PM Thurs, Dec 8th Kimball Auditorium, ROHS

Winter Choral Concert #1

7:00 PM Weds, Dec 14th Kimball Auditorium, ROHS

Jingle Bell Jazz

7:00 PM Thurs, Dec 15th Royal Oak HS Café

Winter Choral Concert #2

7:00 PM Fri, Dec 16th Kimball Auditorium, ROHS

All City Vocal Music Festival

7:00 PM Fri, Dec 20th Kimball Auditorium, ROHS

High School Athletic Events**Boys Varsity Ice Hockey** (Lindell Ice Arena)

7:30 PM Weds, Dec 14 vs. Bloomfield Hills H.S.

Girls Varsity Basketball

7:00 PM Tues, Dec 6th vs. Milford H.S.

Boys Varsity Swimming (RO Middle School)

6:00 PM Thurs, Dec 15th vs. Multiple Opponents

**HALL OF FAME INDUCTION CEREMONY**

Kimball Auditorium, ROHS

SUNDAY, DECEMBER 4TH

Ceremony 1:30 PM

Afterglow 3:30 - 4:30 PM

Keynote Speaker: Dr. Mona Hanna-Attisha

Evening Recreational Swim Program

Ongoing through March 9, 2017

Royal Oak Middle School 709 N Washington Ave.,

Family Open Swim:

Monday evenings 7:30 to 8:30 PM

Adult Open Swim: (Lap Lane)

Monday evenings 8:30 - 9:45 PM



Thursday evenings 8:45 - 10:00 PM

Seniors Free with Gold Card, Adults & Children \$5,
5 and under free.

**The pool will be closed for the Winter Holiday,
December 23, 2016 - January 3, 2017**



HOT MEALS SERVED BY TIM'S KITCHEN
ALL MEALS \$3.00 *Carry Outs \$3.50*
AVAILABLE TO ALL - NO AGE RESTRICTIONS!

Thursday	December	1	Chicken Pasta Salad	HEART SMART	
Friday	December	2	Shepherd's Pie		
Monday	December	5	Apple Butter Meatballs		
Tuesday	December	6	Seafood Salad		
Wednesday	December	7	Italian Cheese Square		
Thursday	December	8	Pork Chop		
Friday	December	9	BBQ Chicken		
Monday	December	12	Sliced Ham		
Tuesday	December	13	Baked Chicken		
Wednesday	December	14	Pasta with Meat Sauce		
Thursday	December	15	Swiss Chicken		
Friday	December	16	Salmon Pie		
Monday	December	19	Cranberry Chicken	HEART SMART	
Tuesday	December	20	Pork Chop		
Wednesday	December	21	Tuna Pasta Bake		
Thursday	December	22	Meatloaf		
Friday	December	23	<i>Closed</i>		
Monday	December	26	<i>Closed</i>		
Tuesday	December	27	Tuna Salad on a Bun		
Wednesday	December	28	Chicken Patty with Gravy		
Thursday	December	29	Veggie Cheese Square		
Friday	December	30	<i>Closed</i>		

**Call (248) 246-3900, at least one day in advance to reserve a meal
 (call before 1 pm).
 Lunch is served at 11:45 A.M.**

Alzheimer Support1st & 4th Monday, 10 AM
Support for families and friends.

Aphasia Support Group Thursdays, 10 AM
Support for adults with communication disorders.

Billiards, Drop-In Monday-Friday, 9 AM-4:30 PM
Pool tables - 50¢ daily use or \$3.00 monthly.

Billiards, Pool Tournament2nd Thursday, 9:00 AM
Singles tournament for those who drop in, \$3.

Bridge, Drop-In Drop in with partner to play bridge.
.....**Rubber** \$1 - Mondays, 12:15 PM
..... **Duplicate** \$2 - Wednesdays, 12:30 PM

Computer Club Wednesdays, 12:30 PM
For computer enthusiasts with some experience.

Crochet Creations Thursdays, 12:15 PM
Join anytime to learn or refresh your skills, no fee.

Dance - Ballroom Mondays, 1 PM
Lessons provided by instructor Bill Scheff, \$5.

Dance – Intermediate Line Fridays, 1 PM
Drop-in, \$2.

Deaf Group Wednesdays, 9 AM
Join for socialization.

Euchre, Drop-In Thursdays, 12:30 PM
Drop-in for an afternoon of Euchre, \$1.

Exercise – Aqua Zumba Thurs, 8:30 AM
Zumba workout in ROMS pool, pre-register/fee.

Exercise - Chair Yoga (DVD) Mondays, 10:30 AM
Drop-in for "gentle," less strenuous exercise, no fee.

Exercise—Chair YogaWed, 12:30 pm; Friday, 11:30 AM
Pre-register, fee.

Exercise – Chair w/Cindy Friday, 10:30 AM
Gentle but effective exercise. Pre-register/fee.

Exercise – Gentle Yoga Monday 9:15 AM and 1:00 PM,
Thursdays at 1:00 PM. Slow flow class to strengthen bodies
and calm minds. Pre-register/fee.

Exercise - Healthy Back Wednesdays, 1:30 PM
Strengthen & stretch back & core. Pre-register/fee.

Exercise – Senior Pilates Monday, 10:30 AM
Body conditioning exercise. Pre-register, fee.

Exercise - Silver Foxes Mon-Tues-Wed- Fri, 9:30 AM
Low-impact aerobics to Richard Simmons video, no fee.

Exercise - SilverSneakers Thursday, 10:30 AM
Challenge Your Core. \$4/ free for SilverSneakers members.

Exercise – Sit Down & Tone-Up Tuesdays, 10:30 AM
Work out along with DVD. No fee.

Exercise - Tai Chi Thursday, 9:15 AM
Chinese exercise of moving meditation, pre-register/fee.

Exercise—Water Aerobics Wed, 8:30 AM
Water exercises at RO Middle School, pre-register/fee.

Exercise - Yoga Tuesday, 1:00 PM
Increase flexibility & strength with series of movements,
postures and breathing techniques. Pre-register/fee.

Exercise – Zumba Gold Fridays, 10:20 AM
"Dance with the Stars", pre-register/fee.

Exercise - Chair Yoga (DVD) Mondays, 10 AM

Financial/Investment Aide 3rd Thursday, 10 AM
Hantz Financial provides financial, tax advice, and
investment portfolio review. Free 30 min appts/pre-register

Focus On the News 1st & 3rd Tuesday, 10:30 AM
Fun & lively discussion of current news happenings, free.

Foot Doctor 2nd Wednesday, 9 AM
Dr. Adas and Dr. Wexler will visit once a month. Pre-Register

Grief Support 1st & 3rd Friday, 10:30 AM
Discuss, explore and relieve some of the stresses of grief.
No fee.

Handbells Level II, Friday, 12:45 PM
Pre-register/fee.

Helping Hands Tuesday & Thursday, 9:30 AM
Knit, crochet, chat - join in making blankets for charity.

Kerry Price 3rd Friday of the month, 12:30 PM
Different sing-along piano programs each month, \$2.

Kuratomi Stretching Wednesday, 10:30 AM
To open the body, mind & spirit . Pre-register/fee.

Legal Aid 3rd Thursday, by appt
Atty. Kent Schultz provides free 15 minute consultations.

Mahjongg, Drop-In Wednesdays, 9:30 AM; Fridays 1 PM
Experienced players may drop in and play.

Manicures 2nd Tuesday, by appt
Andrea Weiss, Licensed Nail Technician \$10 fee.

Massage Therapy 3rd Thursday & Friday, by appt.
4th Tuesday, 35 min/\$30 & 75 min/\$60 massage sessions.

Monthly Matinee 2nd and 4th Friday, 12:30 PM

Painting Classes Thursday, 9:15 AM
All media and all stages of development. Pre-register/fee.

PAL (Positive Attitude Living) Fridays, 10:30 AM
Meet new friends, enrich your life. Drop-in, no charge.

Pinochle, Drop-In Tuesdays, 12:30 PM
Drop-in for pinochle, meet new friends, \$1.

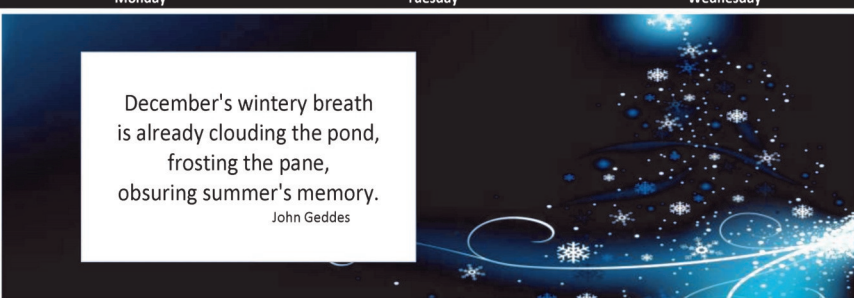
Senior Sew Tuesdays, 10 AM
Join us for a day of piecing quilt tops. No fee.

Sit 'n' Knit Tuesdays, 1 PM
Join us for a day of knitting. No fee.

Star Grabbers 2nd & 4th Wednesday, 10 AM
Amateur Astronomy Group. No fee.

Welcome Newcomers! 1st Monday, 10:30 AM

December 2016

Monday		Tuesday		Wednesday		Thursday		Friday	
<div>December's wintery breath is already clouding the pond, frosting the pane, obsuring summer's memory. John Geddes</div> 						<div>1</div> <div>8:30 AM Aqua Zumba - ROMS 9:15 AM Tai Chi Basic/Chen 9:15 AM Painting - All Media 9:30 AM Helping Hands 10:00 AM Aphasia Support 12:15 PM Crochet Creations 12:30 PM Euchre - Drop In 12:30 PM Gentle Yoga</div> <div>Drop-In Billiards</div>		<div>2</div> <div>9:15 AM Stipple/Water Color 9:30 AM Silver Foxes 10:20 AM Zumba Gold 10:30 AM P.A.L. 10:30 AM Grief Support 10:30 AM Chair Exercise/Cindy 11:30 AM Chair Yoga 12:30 PM BINGO 12:45 PM Handbells 1:00 PM Line Dance - Intermed. 1:00 PM Mah Jongg - Drop In</div> <div>Drop-In Billiards</div>	
<div>5</div> <div>9:15 AM Gentle Yoga 9:30 AM Silver Foxes 10:00 AM Alzheimer's Support 10:30 AM Welcome Newcomers 10:30 AM Chair Yoga - DVD 10:30 AM Creative Coloring 10:30 AM Senior Pilates 12:15 PM Rubber Bridge - Drop In 1:00 PM Gentle Yoga 1:00 PM Ballroom Dance - Dropin</div> <div>Drop-In Billiards</div>		<div>6</div> <div>9:15 AM Ask Computer Lady 9:30 AM Silver Foxes 9:30 AM Helping Hands 10:00 AM Drawing Primer Class 10:00 AM Senior Sew 10:00 AM Laptop Class 10:30 AM Focus on the News 10:30 AM Sit Down & Tone DVD 11:15 AM Get Your "Gadget" 12:30 PM Pinochle - Drop In 12:30 PM Charcoal Drawing 12:45 PM Ask Computer Lady 1:00PM Yoga 1:00 PM Sit 'N Knit</div> <div>Drop-In Billiards</div>		<div>7</div> <div>8:30 AM Water Aerobics - ROMS 9:00 AM Deaf Group 9:30 AM Silver Foxes 9:30 AM Mah Jongg - Drop In 10:30 AM Kuratomi Stretch 12:30 PM Chair Yoga 12:30 PM Duplicate Bridge - Drop In 12:30 PM Computer Club 1:30 PM Healthy Back Class</div> <div>Drop-In Billiards</div>		<div>8</div> <div>8:30 AM Aqua Zumba - ROMS 9:00 AM Pool Tournament 9:15 AM Tai Chi Basic/Chen 9:15 AM Painting - All Media 9:30 AM Helping Hands 10:00 AM Aphasia Support 12:15 PM Crochet Creations 12:30 PM Euchre - Drop In 12:30 PM Gentle Yoga</div> <div>Drop-In Billiards</div>		<div>9</div> <div>9:15 AM Stipple/Water Color 9:30 AM Silver Foxes 10:20 AM Zumba Gold 10:30 AM Chair Exercise/Cindy 10:30 AM P.A.L. 11:30 AM Chair Yoga 12:30PM Movie Matinee 1:00 PM Line Dance - Intermed. 1:00 PM Mah Jongg - Drop In 1:15 PM Handbell Concert</div> <div>Drop-In Billiards</div>	
<div>12</div> <div>9:15 AM Gentle Yoga 9:30 AM Silver Foxes 10:30 AM Chair Yoga - DVD 10:30 AM Senior Pilates 12:15 PM Rubber Bridge - Drop In 1:00 PM Gentle Yoga 1:00 PM Ballroom Dance - Drop In</div> <div>Drop-In Billiards</div>		<div>13</div> <div>9:15 AM Ask Computer Lady 9:30 AM Silver Foxes 9:30 AM Helping Hand 9:30 AM Manicures - By APPT 10:00 AM Senior Sew 10:00 AM Drawing Primer Class 10:00 AM Laptop Class 10:30 AM Sit Down & Tone DVD 11:15 AM Get Your "Gadget" 12:30 PM Pinochle - Drop In 12:30 PM Charcoal Drawing 12:45 PM Ask Computer Lady 1:00 PM Sit 'N Knit 1:00 PM Yoga</div> <div>Drop-In Billiards</div>		<div>14</div> <div>8:30 AM Water Aerobics - ROMS 9:00 AM Deaf Group 9:00 AM Foot Drs. - APPT 9:30 AM Silver Foxes 9:30 AM Mah Jongg - Drop In 10:00 AM Star Grabbers 10:30 AM Kuratomi Stretch 12:30 PM Duplicate Bridge- Drop In 12:30 PM Computer Club</div> <div>Drop-In Billiards</div>		<div>15</div> <div>8:30 AM Aqua Zumba - ROMS 9:15 AM Tai Chi Basic/Chen 9:15 AM Painting - All Media 9:30 AM Helping Hands 10:00 AM Aphasia Support 10:00 AM Financial Aid/Appt 12:15 PM Crochet Creations 12:30 PM Euchre - Drop In 12:30 PM Gentle Yoga 1:00 PM Legal Aid - APPT By Appt Massage Therapy</div> <div>Drop-In Billiards</div>		<div>16</div> <div>9:15 AM Stipple/Water Color 9:30 AM Silver Foxes 10:20 AM Zumba Gold 10:30 AM P.A.L. 10:30 AM Grief Support 12:30 PM Kerry Price ! 12:45 PM Handbells 1:00 PM Line Dance - Intermed. 1:00 PM Mah Jongg - Drop In By Appt Massage Therpay</div> <div>Drop-In Billiards</div>	
<div>19</div> <div>9:15 AM Gentle Yoga 9:30 AM Silver Foxes 10:30 AM Creative Coloring 10:30 AM Chair Yoga - DVD 10:30 AM Senior Pilates 12:15 PM Rubber Bridge - Drop In 1:00 PM Gentle Yoga 1:00 PM Ballroom Dance - Drop In</div> <div>Drop-In Billiards</div>		<div>20</div> <div>9:15 AM Ask Computer Lady 9:30 AM Silver Foxes 9:30 AM Helping Hands 10:00 AM Senior Sew 10:00 AM Laptop Class 10:30 AM Focus on the News 10:30 AM Sit Down & Tone DVD 11:15 AM Get Your "Gadget" 12:30 PM Pinochle - Drop In 12:30 PM Portraits in Pencil 12:45 PM Ask Computer Lady 1:00 PM Sit 'N Knit 1:00 PM Yoga By Appt Massage Therapy</div> <div>Drop-In Billiards</div>		<div>21</div> <div>8:30 AM Water Aerobics - ROMS 9:00 AM Deaf Group 9:30 AM Silver Foxes 9:30 AM Mah Jongg - Drop In 9:30 AM Kuratomi Stretch 10:30 AM Duplicate Bridge - Drop In 12:30 PM Computer Club</div> <div>Drop-In Billiards</div>		<div>22</div> <div>8:30 AM Aqua Zumba - ROMS 9:30 AM Helping Hands 10:00 AM Aphasia Support 12:15 PM Crochet Creations 12:30 PM Euchre - Drop In 1:00 PM Gentle Yoga</div> <div>Drop-In Billiards</div>		<div>23</div> <div>Center Closed for Christmas Eve</div>	
<div>26</div> <div>Center Closed for Christmas Day</div>		<div>27</div> <div>9:15 AM Ask Computer Lady 9:30 AM Silver Foxes 9:30 AM Helping Hands 10:00 AM Senior Sew 10:00 AM Laptop Class 10:30 AM Sit Down & Tone DVD 12:30 PM Pinochle - Drop In 12:30 PM Portraits in Pencil 12:45 PM Ask Computer Lady 1:00 PM Sit 'N Knit 1:00 PM Yoga</div> <div>Drop-In Billiards</div>		<div>28</div> <div>9:00 AM Deaf Group 9:30 AM Silver Foxes 9:30 AM Mah Jong - Drop In 10:00 AM Star Grabbers 12:30 PM Duplicate Bridge - Drop In 12:30 PM Computer Club 7:00 PM New Year Dinner Dance</div> <div>Drop-In Billiards</div>		<div>29</div> <div>9:30 AM Helping Hands 10:00 AM Aphasia Support 12:15 PM Crochet Creations 12:30 PM Euchre - Drop In</div> <div>Drop-In Billiards</div>		<div>30</div> <div>Center Closed for New Year's Day</div>	
Mahany/Meininger Senior Community Center									

Times December 2016

Monthly Newsletter of the Royal Oak Seniors

The Jack & Patti Salter Community Center
1545 E Lincoln, Royal Oak, MI 48067 (248) 246-3180
(10 1/2 Mile Road, 1 block West of Campbell Rd.)

Drop-In Pinochle

Weds & Fridays 12:30 PM
Drop in for an enjoyable game of pinochle, meet new friends. **\$1.**

Helping Hands

Fridays 9:30 AM
Looking for "Helping Hands" interested in knitting, crocheting or sewing blankets for chemotherapy patients. The Rose Cancer Center at Beaumont has kits available, or you can use your own materials. Call (248) 246-3180 for more information. **Donations of 4ply yarn gratefully accepted.**

Salter Center Book Club

Monday, Dec 19 10-11:30 AM
Are you an avid reader? Would you like to meet with people who share your passion for the written word? In cooperation with the Royal Oak Library, the group will meet on the third Monday to discuss a specific book. Coffee and light refreshments served.

Balance Training (50+)

Fridays 12:30 PM \$25/6 wks
October 28 - December 16 SA2007
30-minute workout is designed to build bone, strengthen core, pelvic and leg muscles while improving posture and balance. Fun, innovative exercises keep you smiling and moving! **Jo Schirtzinger**, fitness instructor.

Let's Walk!

Monday-Friday 8:30 - 11:00 AM
Strengthen your heart, lungs and vascular system! Improve your circulation! Relieve tension and modify the aging process! Meet at the Salter Center for walking gymnasium laps or outdoors. Track your progress on a mileage log sheet at the center.

Sit Down and Tone Up

Mon - Wed - Fri 9:30 AM
A lively chair workout. Build strength, stimulate bone growth and improve balance. Lower body and abs workout by using your legs own weight. You will work upper body with 1-3lb dumbbells **Drop in, no fee.**

DROP-IN-SPORTS At the Salter Center

Bounce Volleyball

Tues/Thurs 11:00 AM-1:00 PM

A slightly slower paced game than power volleyball. This game allows a wider range of skill levels to participate. **\$1** per session.

Pickleball

- **\$2** per session. *Any individual caught not paying will be asked to leave the gym immediately.*
- Sign-in sheets will be made available 30 minutes before scheduled start time.
- The schedule below begins Tuesday, September 6.

Mondays 11:00 AM-1:00 PM or 1:00-3:00 PM All levels, East Gym

Tuesdays 1:00 - 3:00 PM All levels, East Gym
12:30 - 2:15 4.0 & higher, West Gym

Wednesdays 11:00 AM-1:00 PM or 1:00-3:00 PM All levels, East Gym
11:00 AM-2:00 PM 3.5 & Higher (West Gym) **\$3**

Fridays 11:00 AM-1:00 PM or 1:00-3:00 PM All levels, East Gym
12:30-2:00 PM 3.5 & Higher mixer, West Gym
5:00-7:15 PM Ages 19 & Up, East Gym

Stretch & Strength Training

(40+ cardio weights & strengthening)

11 AM - Noon

Mon, Oct 24 - Nov 28

Weds, Oct 26 - Nov 30

Fri, Oct 28 - Dec 16

Class includes low-impact aerobics, strength training and stretching. Bring hand-held weights and a water bottle, wear tennis shoes and loose, comfortable clothing. Classes run continuously except holidays and scheduled instructor vacation. *No class Nov 11th or 25th* Instructor, **Jo Schirtzinger.**

\$26/6 wks for 1 day; **SA2016F**

\$46/6 wks for 2 day; **SA2017F**

\$64/6 wks for 3 day; **SA2018F**

\$5 drop-in fee

Tai Chi Chuan

Standing/Chen Style
Laojia Yuile

Tues, 10:00 AM

Sept 13 - Nov 22

Instructor Han Hoong Wang provides this class for continuing students. Chen Style is the oldest form of Tai Chi Chuan. The movements are slow and fast, twining and twisting, connected with internal spiral energy. **SA2013 \$60/10 wks**

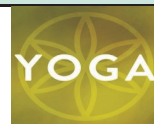


Yoga

Thurs. 10:15 AM

Oct 20 - Dec 15

Yoga is a great way to deal with hypertension, back pain, headaches, stress, depression and even arteriosclerosis. Through a series of movements, postures and breathing techniques, one will increase strength, flexibility, alignments and balance. Instructor Cheryl Baugh. **\$36/8 wks**



PetrArt LLC Art Classes

by Petra E. Bohnam

Delightful Drawing Primer Class

Mon, 9 - 10:30 AM Jan 23 & 30

Have you ever wanted to learn how to draw? This informative and educational class takes you on a journey of creativity learning the basics of drawing using drawing pencils and your creativity. Great beginner class, all materials provided. Senior Card Room. **\$30/ 2 weeks SA2020**

Portraits in Pencil Class

Mon 1 - 2:30 PM Feb 6 & 13

Come explore how to make portraits using drawing pencils. All materials provided, meets in Senior Card Room **\$30/ 2 weeks SA2021**

December 2016

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>december: dē-'sem-bər -n. a month of lights, snow and feasts; time to make amends and tie loose ends; finish off what you started and hope your wishes come true</p>			1 8:30 AM Let's Walk 10:15 AM Yoga 11:00 AM Bounce Volleyball	2 8:30 AM Let's Walk 9:30 AM Helping Hands 9:30 AM Sit Down/Tone Up 11:00 AM Stretch & Strength 12:45 PM Pinochle, Drop-In Drop-In Pickleball 11:00 AM All levels (E.gym) 12:30 PM 3.5 + higher W.gym 1:00 PM All levels (E.gym) 5:00 PM Ages 19+ (E.gym)
5 8:30 AM Let's Walk 9:30 AM Sit Down/Tone Up 11:00 AM Stretch & Strength Drop-In Pickleball 11:00 AM All levels (E.Gym) 1:00 PM All levels (E.Gym)	6 8:30 AM Let's Walk 11:00 AM Bounce Volleyball Drop-In Pickleball 12:30 PM 4.0 + higher W.gym 1:00 PM All levels (E.gym)	7 8:30 AM Let's Walk 9:30 AM Sit Down/Tone Up 11:00 AM Stretch & Strength 12:30PM Pinochle, Drop-In Drop-In Pickleball 11:00 AM 3.5 + higher W.gym 11:00 AM All levels (E.gym) 1:00 PM All levels (E.gym)	8 8:30 AM Let's Walk 10:15 AM Yoga 11:00 AM Bounce Volleyball	9 8:30 AM Let's Walk 9:30 AM Helping Hands 9:30 AM Sit Down/Tone Up 11:00 AM Stretch & Strength 12:45 PM Pinochle, Drop-In Drop-In Pickleball 11:00 AM All levels (E.gym) 12:30 PM 3.5 + higher W.gym 1:00 PM All levels (E.gym) 5:00 PM Ages 19+ (E.gym)
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19 8:30 AM Let's Walk 9:30 AM Sit Down/Tone Up 10:00 AM Book Club 11:00 AM Stretch & Strength Drop-In Pickleball 11:00 AM All levels (E.Gym) 1:00 PM All levels (E.Gym)	20 8:30 AM Let's Walk 10:00 AM Tai Chi Chuan 11:00 AM Bounce Volleyball Drop-In Pickleball 12:30 PM 4.0 + higher W.gym 1:00 PM All levels (E.gym)	21 8:30 AM Let's Walk 9:30 AM Sit Down/Tone Up 11:00 AM Stretch & Strength 12:30 PM Pinochle, Drop-In Drop-In Pickleball 11:00 AM 3.5 + higher W.gym 11:00 AM All levels (E.gym) 1:00 PM All levels (E.gym)	22 8:30 AM Let's Walk 10:15 AM Yoga 11:00 AM Bounce Volleyball	23 <p>Closed for Christmas Eve</p>
26 <p>Closed for Christmas Day</p>	27 8:30 AM Let's Walk 10:00 AM Tai Chi Chuan 11:00 AM Bounce Volleyball Drop-In Pickleball 12:30 PM 4.0 + higher W.gym 1:00 PM All levels (E.gym)	28 8:30 AM Let's Walk 9:30 AM Sit Down/Tone Up 11:00 AM Stretch & Strength 12:30 PM Pinochle, Drop-In Drop-In Pickleball 11:00 AM 3.5 + higher W.gym 11:00 AM All levels (E.gym) 1:00 PM All levels (E.gym)	29 8:30 AM Let's Walk 10:15 AM Yoga 11:00 AM Bounce Volleyball	30 <p>Closed for New Year's Eve</p>